



# FITNESS SWIMMING

Welcome to the Westport Parks and Recreation Fitness Swimming! This program will introduce participants to competitive swimming and the techniques of freestyle, backstroke, breaststroke, and butterfly. In addition, swimmers will learn racing starts and turns. Aerobic and anaerobic conditioning will also be implemented. The fitness swimming program is available to children ages 8 – 14 and who can swim at least 25 yards. Swim Director Phil Walklet has planned comprehensive workout schedules for the team. Phil and the swim staff plan to make this program enjoyable and fun for all while teaching the skills and fundamentals of competitive swimming.

## **GENERAL PROGRAM INFORMATION:**

There are two different sessions for the swim program. Each session meets on Tuesdays, Thursdays and Saturdays at the Staples High School Pool. We understand that 3 days per week is a big commitment for a program and know you might not be able to make all the classes but we encourage you to come as much as you can as you will benefit highly from the instruction and the practice. Classes may be cancelled due to inclement weather. Please call the Parks and Recreation cancellation line, **341-5074**, for cancellation information.

### ***Session 1:     October 6 – January 9*** **Staples High School Pool**

**Tuesdays/Thursdays 5:30-6:30pm             *SW 11***  
**Saturdays                     10:30am-12:00pm**

**Tuesdays/Thursdays 6:30-7:30pm             *SW 12***  
**Saturdays                     10:30am-12:00pm**

**\*No classes on November 3, 26, 28, December 24, 26, 29, 31, January 2, 2010**

### ***Session 2:     January 12 – April 15*** **Staples High School Pool**

**Tuesdays/Thursdays 5:30-6:30pm             *SW 21***  
**Saturdays                     10:30am-12:00pm**

**Tuesdays/Thursdays 6:30-7:30pm             *SW 22***  
**Saturdays                     10:30am-12:00pm**

**\*No classes on February 13, 16, 18, 20, April 1**

## **WHAT TO BRING WITH YOU:**

- Bathing suit and towel
- Goggles and swim cap
- Water bottle
- Locker rooms are available to change into proper swimming attire, which should be a bathing suit. No shorts or cut offs. A towel with flip-flops or sandals is also recommended for the pool deck. All participants are required to take a shower before entering the pool.
- There is no eating on the pool deck.

## **DROP OFF AND PICK UP:**

Please make sure you drop off and pick up your child promptly. Consistent lateness in either dropping off or picking up is cause for dismissal from the swimming program.

**GENERAL RULES:**

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- Parents are not allowed on the pool deck during the lesson.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child so he/she understands all the rules and regulations.